

Lifestyle factors and infertility

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Abstract

Introduction: About 10 to 15% of couples are impacted by infertility. Lifestyle factors are the modifiable habits and ways of life that can greatly influence overall health and well-being, including fertility. **Aim:** to identify the roles that lifestyle factors play in determining reproductive status. **Methods:** literature evidence-based review encompasses multiple lifestyle factors such as the age at which to start a family, nutrition, weight, exercise, psychological stress, environmental and occupational exposures, and others can have substantial effects on fertility; lifestyle factors such as cigarette smoking, illicit drug use, and alcohol and caffeine consumption can negatively influence fertility while others such as preventative care may be beneficial. **Conclusions:** lifestyle factors have a significant impact on fertility. Lifestyle modification can assist couples to conceive spontaneously or optimize their chances of conception with ART treatment.



Biography:

Mohamed Salama Gad is the current professor at Faculty of Medicine, Menoufia University, Egypt. He has successfully published several papers related to the area of Entomology. He is also a faculty of Department of Entomology at the Ain Shams University.

Speaker Publications:

1. Toxoplasmosis and abortion: pro- and anti-inflammatory cytokines gene expression of the host immune cell; Egyptian Journal of Medical Human Genetics 20(1):3 DOI: 10.1186/s43042-019-0006-5
2. Assessment of larvicidal activity of nanoemulsion from Citrus sinensis essential oil on Culex pipiens L. (Diptera: Culicidae); Egyptian Journal of Aquatic Biology and Fisheries 23(3):61-67; DOI: 10.21608/ejabf.2019.35100



3. Effect of Ultraviolet radiation on Original Activity Remaining of Spodoptera littoralis NPV against S. littoralis Boisd (Lepidoptera: Noctuidae); Egyptian Journal of Chemistry 62(1):8-10; DOI: 10.21608/ejchem.2019.12680.1786

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